

504 Dietary Plan

Section 504 of the Rehabilitation Act of 1973 assures handicapped students access to school meal service, even if special meals are needed because of their handicap.

“Handicapped student” means any student who has a physical or mental impairment, which substantially limits one or more life activities, has a record of such an impairment, or is regarded as having such an impairment.

If special meals are needed and requested, certification from a medical doctor or health care provider must 1) verify that special meals are needed because of the handicap, and 2) prescribe the alternate foods and forms needed.

Completion of the following by a student’s physician or health care provider will provide the necessary certification:

NAME OF STUDENT FOR WHOM SPECIAL MEALS ARE REQUESTED:

<u>Food Prescribed</u>	<u>Form Allowed</u> (e.g. fresh, baked, ground, blended, etc.)
Meat & meat alternates	
Milk & milk products	
Bread & cereal	
Fruits & vegetables	
<u>Other Dietary Information and Directions</u>	

I certify the above named student is in need of special school meals prepared from the above-indicated foods and forms because of a handicap.

Physician or Health Care Provider’s Signature

Date

Source: “Diabetes Management in the School Setting”, 1998, Missouri Association of School Nurses.

- Meal Plan Sample on Back -

Meal Plan Sample

Be sure to communicate with your food service manager to confirm the nutrition content of meals.

Meal Plan (Calories) _____ Date _____

Time	Number of Exchanges/Choices	Total Carbohydrate Grams
	____ Carbohydrate group ____ Starch* ____ Fruit ____ Vegetable ____ Milk _____ ____ Meat group _____ ____ Fat group _____	
	____ _____ ____ _____	
	____ Carbohydrate group ____ Starch* ____ Fruit ____ Vegetable ____ Milk _____ ____ Meat group _____ ____ Fat group _____	
	____ _____ ____ _____	
	____ Carbohydrate group ____ Starch* ____ Fruit ____ Vegetable ____ Milk _____ ____ Meat group _____ ____ Fat group _____	
	____ _____ ____ _____	

*Starches include grains (rice, bread, pasta, etc.), beans, starchy vegetables, and foods listed as “other carbohydrates” on the diabetes exchange lists.

The Joslin Diabetes Center at Harvard University has created web-based materials on carbohydrate counting. “Carbohydrate Counting: As easy as 1-2-3” can be accessed at:
<http://www.joslin.harvard.edu/education/library/wcarbsug.shtml/>